SOFTBALL PREPARES TO STEP UP TO PLATE

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The Daily Barometer

THURSDAY FEBRUARY 5, 2015

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Bills for cultural, support centers on hold

 ASOSU tables cultural, support center bills, passes bill to add 10 seats in House for future allocation

> By Jasmin Vogel THE DAILY BAROMETER

Bills that would have allocated seats in the Associated Students of Oregon State University House of Representatives for cultural and support centers were set aside in favor of a bill that would add 10 general seats to the House Wednesday night during the last opportunity to

pass legislation this academic year.

The House has been working for months to create seven bills that would encourage diversity and inclusion by allocating House seats to campus cultural and support centers. Bills JB 06.04 through JB 06.10 were intended to create seats for each of the cultural and support centers on campus: the Pride Center, Women's Center, Black Cultural Center, Centro Cultural Cesar Chavez, Native American Longhouse, Asian and Pacific Cultural Center and Etihad Cultural Center.

Six different people wrote bills JB 06.04 through JB 06.10, contributing to different Senate's main concerns. One representative wrote three bills. Another wrote one and coauthored another. The rest were each written by a different representative.

There was a lack of clarity; instead we decided to fix the constituency seats later," said Rachel Grisham, Senate pro tempore. "If we don't do that, it will continue to shut out those voices. We are really trying to broaden in our reach."

Tuesday night, the Senate chose to table these bills and opt for bill JB 06.11. This new bill would create 10 new seats in the House for the

wording among the bills, which was one of the 2015-2016 school year, but does not specifically allocate any of the 10 seats to any particular groups; that would have to come later through amendments or other legislation.

"The CRCs will have that opportunity to have those seats. I really see no opposition in Congress," said Saul Boulanger, speaker of the House. "There is any student group that can

Congress has until week five of winter term to pass any legislation that would affect the next academic school year. Instead of passing JB 06.04

See ASOSU page 4

 Grocery Bingo to award prizes to bingo, minute-to-win-it winners, all who come

> By Courtnee' Morin THE DAILY BAROMETER

Oregon State University will host its very first Grocery Bingo event Thursday, Feb. 5, in the Memorial Union Ballroom from 7 to 9 p.m.

The event required a federal grant from the Healthy Campus Initiative and has 12 sponsors making it possible.

"We heard about this event, or ones like it being done at other universities, and wanted to bring it to OSU," said Linda Howard, adviser of the Memorial Union Program Council, which will help host the event. "It has involved a lot of collaboration and getting grants and

Forty bags of groceries will be given away at the event, with four people winning each of 10 games. Games will include bingo and minute-to-win-it.

Howard did stress that anyone who arrives will receive some sort of prize, and there are door prizes on top of the grocery bag winnings.

There is availability for 250 people to come, but up to 300 people can be accommodated.

'We would love to make this an annual event. If we can have a lot of students come to and have fun, and increase food insecurity awareness, we would love to make this event annual or even offer it every term," Howard said. "A lot of the major planning and proposals for the grants and scholarships came from Kyle Flowers, a graduate assistant with the MUPC. So if the event is a success, we would love to find a way to sustain

Flowers also thinks this making this an annual is entirely possible.

With the relationships that I have started to create across campus and the community, I have begun to set a foundation for people who would be interested in sponsoring and collaborating with the event," Flowers said. "The funding will need to come out of MUPC's budget next year, so we would need to work to create space for that."

> Courtnee' Morin, news reporter news@dailybarometer.com

Bingo for food McNary flood-displaced students adjusting



68 students relocated due to flood in McNary Hall adapting to temporary disruption

By Chris Correll

THE DAILY BAROMETER

Following a flood that left parts of McNary Hall's third and second floors inhospitable, 68 students have been resettled in temporary living arrangements until their old rooms can be repaired.

Steve Clark, vice president of university relations and marketing at Oregon State University, confirmed that the accident occurred when a student hung clothes from a ceiling sprinkler-head, which was enough to activate it.

PJ Harris, a freshman in theatre, was in her dorm room when a latenight warning from her resident assistant brought her and the other residents out into the hall.

Harris said Jan. 18 at about 12:50 a.m., the hall began evacuating as water flooded the third floor and started flowing into the floors below.

"The RA started knocking on the door and yelling for everyone to get out, 'the third floor's flooding,'" Harris said. "We evacuated like you

See FLOOD page 2



NICKI SILVA | THE DAILY BAROMETER

After the McNary Hall flood, freshman Jordan Pascua was given a room to himself in Dixon Lodge until the damage to his own room is repaired.

Fair connects students to nonprofits

Nonprofit Opportunities Fair fielded 56 organizations welcome to volunteers

> By Hanna Brewer THE DAILY BAROMETER

Getting to play with adorable pup-

pies for free? Students had opportunities to sign up to volunteer with the Heartland Humane Society and other organizations that participated in Wednesday's Nonprofit Opportunities Fair, which was held Wednesday in the Memorial Union

Just because the fair is over doesn't mean the organizations stop accepting volunteers. These organizations welcome one and all to come and volunteer at their facilities whenever anyone has a spare minute.

The Heartland Humane society, along with the Senior Dog Rescue of Oregon and Safe Haven are only a few of the booths that set up for the event, although they are normally the most popular because of the canine companions they bring along.

We strategically place them at the back so the students filter through the rest of the booths to get to them," said Samara Rufener, a senior in animal science and the internal coordinator for the Center for Civic

See FAIR | page 2



The Food Corps Oregon participates in the Nonprofit Opportunities Fair Wednesday.

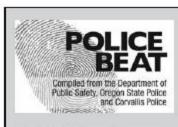
Three-Day Forecast Weather data from the National Weather Service FRI. RAIN SAT. RAIN HIGH: 55 °F HIGH: 55 °F 10W: 49 °F LOW: 43 °F PPI: 100% PPT: 90%

Oregon State football player signing commences

Dr. Fit gets active with conversation about Crossfit

Sports, page 5

Forum, page 7



Monday, February 2

Family trouble

A woman contacted the Benton County Sheriff's Department to report a recurring issue of harassment from her former sister-inlaw. The complainant alleged that the ex-sister-in-law had been 'calling, texting and otherwise threatening her," despite warnings and the complainant blocking the number. The complainant allegedly told officers that the suspect has started threatening to approach the victim at her residence or at her child's afterschool care program. According to BCSO logs, an officer has reached out to the suspect and warned her to cease contact with the complainant.

Theft in the night

A BCSO deputy is investigating an alleged theft that appears to have taken place at a residence on Northwest Highland Place. According to officer logs, the complainant believes the theft occurred just before midnight and it appears that a suspect may have entered the unlocked car in the driveway and stolen several items, including keys and gate openers for other properties the complainant owns. The complainant allegedly told officers he found a "single knit mitten" left on the ground near the mitten, which the complainant allegedly believed was his wife's until she confirmed that it is not. There is no additional suspect information and the case has since been discontinued.

Sunday, February 1

Vandalism at the church

A member of the Unitarian Universalist Church on Northwest Circle Boulevard reported what appeared to be a hit and run incident, causing damage to church property. According to Corvallis Police Department logs, there were car tracks running through the grass in front of the building, stretching more than 100 feet, and it appeared that the suspect hit two trees and a fence in the church yard, destroying the trees and approximately 30 feet of fencing in the process. A license plate was found on scene, which officers used to track down the owner information as well as the vehicle location. Officers logged that they have impounded the vehicle but are still trying to locate the suspect. The investigation is ongoing.

Restaurant break-in

CPD officers investigated an alleged break-in at the Evergreen Indian Cuisine restaurant in downtown Corvallis on Sunday. Staff from the restaurant reported that an iPod and \$150 in cash were missing, however there is no current suspect information.

The Daily Barometer

Infection possible in third U of O student

By Christian Hill THE REGISTER-GUARD

EUGENE - A University of Oregon student who lived in the same on-campus dorm as a student diagnosed with meningococcemia has shown early symptoms of the potentially fatal blood infection, a Lane County Public Health official said Wednesday.

Testing of the student's blood is underway, and a diagnosis has not yet been confirmed, said Jason Davis, spokesman for the health ¬department.

If confirmed, it would be the third case of a UO student diagnosed with meningococcemia since mid-January, and the second involving a student living on campus. All three students are females.

County and UO health officials learned Tuesday of the second confirmed case involving a student living in Earl Hall. The student was scheduled to be released from a hospital Wednesday,

The university on ¬Tuesday sent out text messages to 1,200 students who attended the same classes with the diagnosed student and extended hours at the health center so that anyone who wanted to could receive antibiotics that stop the bacteria from spreading, said Mike Eyster, the center's executive director.

The student being monitored visited the UO Health Center later that day and was identified as one of a handful of students who had closest contact with the infected student, Eyster said.

She went to a local hospital for treatment and to have her blood drawn, Davis said. She has been released and is "laying low," he said.

Preliminary test results on the third student should be available today, Davis said. If positive for meningococcemia, the blood will be sent to a state lab for confirmation testing.

More than a dozen doctors, nurses and other employees at the health center went to Earl Hall on Tuesday evening to give out the antibiotic to about 145 of its residents, Eyster said.

Between 30 and 50 students also have visited the health center to receive the antibiotic, he said.

new friends and new people.

horticulture manager and

botanical curator for the

Oregon Garden. More than

100 acres of a botanical gar-

den demands for volunteers

to help with upkeep and

education and experience

on a daily basis to work at the

garden," Boland said. "And

those who come onboard

through internships and

volunteers alike become

enamored with the garden

and realize their passion for

Not just volunteering hours

can be made through these

organizations, but paying

jobs and programs such as

the marine deputy positions

available with the Benton

"I use all of my previous

maintenance.

Ty Boland is the regional

Testing is underway to see if the possible case and the two confirmed cases share identical strains of the ¬bacteria, one way that officials can determine whether the cases are tied together.

Results could be available as early as today, Davis said.

Davis said public health officials can't say for sure that the second confirmed case and the possible case are linked, despite the two students being in close contact. It's also not known as this time whether the two confirmed cases are

That's because about 10 percent of the population carries without harm the bacterium that causes meningococcemia and other serious related diseases, including meningitis, the potentially lifethreatening swelling of the membranes that protect the brain and spinal cord.

Sometimes the bacterium can turn on the carrier, so it's possible that occurred in the second confirmed case, with the student in the newest incident infected in a different way.

Full story online at registerguard.com

assist with search and rescue,

participate in ride-alongs and

gain experience that provides

stepping stones to gain a full

"The best thing is giving back

and being able to connect with the community" said Deputy

Scott Harris. "We gain the abil-ity (to) learn and care about

the small towns that everyone

Harris and Deputy Tanner

Sparks want to share the ben-

efits of pursuing a career in

law enforcement with future

The Nonprofit Opportunities

Fair is sponsored annu-ally by the Center for Civic

Engagement and the Career

Development Center at Oregon

State University as a way for

students to learn and engage

in volunteer, employment and

Hanna Brewer, news reporter

news@dailybarometer.com

internship opportunities.

bypasses."

generations.

law enforcement position.

Calendar

Meetings

Baha'i Campus Association, 12:30pm, MU Talisman Room. Do Cler-gy Service a Role in Today's Religious Community? - A discussion.

Friday, Feb. 6

Poetry Interest Group, 7-9pm, West-minster House, 23rd & Monroe. Open Mic - Speaking out against torture and Guantanamo Bay remaining open.

OSU Music Department, Noon, MU Lounge. Music à la Carte: OSU Voice Studios Recital

Monday, Feb. 9

Meetings

Waste Watchers, 5:30-7pm, Gilkey 104. Weekly meeting - Help plan and get involved with waste reduction events, education and outreach!

Wednesday, Feb. 11

ASOSU House of Representatives, 7pm, MU Journey Room. Weekly meeting.

Thursday, Feb. 12

Meetings

Baha'i Campus Association, 12:30pm, MU Talisman Room. Racism-America's Most Challenging Issue - A

discussion

Friday, Feb. 13

OSU Music Department, Noon, MU

Lounge. Music à la Carte: David Rodg-ers and James Edwards, period music on original 19th Century guitars

Monday, Feb. 16 Meetings

Waste Watchers, 5:30-7pm, Gilkey 104. Weekly meeting - Help plan and get involved with waste reduction events, education and outreach!

Tuesday, Feb. 17

OSU Career Development Center, 2-4pm, MU Multipurpose Room. Speed Mock Interviews. Sign up on Beaver Careers to practice interviewing with Employers & Career Specialists! Bring

Wednesday, Feb. 18

Meetings

Gaming Club at OSU, 7pm, MU 206.

Friday, Feb. 20

Events

OSU Music Department, Noon, MU Lounge, Music à la Carte: Left Coast Sax Quartet

Monday, Feb. 23

Meetings

Waste Watchers, 5:30-7pm, Gilkey 104. Weekly meeting - Help plan and get involved with waste reduction events, education and outreach!

Correction

In the article titled Black Cultural Center holds dinner," which ran Wednesday, Feb. 4, it was incorrectly stated in the article and photo caption that Jimmy Brown is a former Multnomah County commissioner. Brown is actually the former chief of staff for Multnomah County Commissioner Loretta Smith. The Daily Barometer regrets the error.

Fair ■Continued from page 1

Engagement.

The Nonprofit Opportunities Fair hosted 56 organizations and looked forward to introducing around 450 students to the offered opportunities.

Organizations like the Heartland Humane Society need volunteers for animal care such as bathing and cleaning cages, socializing with the cats or even participating in the Open Paw program, which has volunteers work with shelter dogs in order to prepare them for adoption.

"People can come individually or as a group, as long as they are 8 years and older, said Vanessa Klingensmith, the volunteer and outreach coordinator. "We want everyone."

FLOOD

back in.

Dixon Lodge.

occurred.

Continued from page 1

back as they could."

would in a fire drill, went to the back

Alex the RD told everyone to get as far

The entire building was emptied as

faculty worked to assess the situation.

Harris and most of the other McNary

residents spent a few hours waiting

in Wilson Hall before finally being let

already been done. About two inches of

water had entered the west wings of the

third and second floors, forcing admin-

other vacant rooms in McNary, while

16 were moved into the nearby — but

technically off campus - former co-op,

For Kevin Hare, a freshman study-

ing biochemical science, the change

came abruptly. He and his friends had

left the residence hall earlier that night

and returned right as the evacuation

Hare's belongings

The majority went to Wilson Hall or

istration to relocate the occupants.

Unfortunately, the damage had

Heartland Humane Society but making connections with even has opportunities for pre-vet students to gain experience in their exam rooms and surgical support. "Seeing the dedication of volunteers who devote their time is the best thing about this job," Klingensmith said.

The Senior Dog Rescue of Oregon offers similar opportunities for those willing to help, and they are especially looking for younger volunteers to help with media and

modern advertising. Getting older dogs into homes is harder than placing playful pups, but going "one by one is the best way to think about it" said Jerry Perrone, the board representative for the Senior Dog Rescue of Oregon. "We look for people to help get senior dogs from their foster homes into their forever homes."

Not only are there opportunities with furry friends,

Country Sherriff's Office. Those who qualify can enlist in the reserves program to

plants."

and a power strip he'd left on the floor. Luckily, most of his important school materials were high enough to be out of the flood's reach.

He described the next few days as 'scrambling" to get back to a normal routine before classes started again, but that his studies and living comfort at Dixon Lodge haven't suffered from the event.

"It's kind of just an inconvenient move, not really a step up or down for me," Hare said. "(The university) gave us like two days to move our stuff. They've been trying to do their best, I mean, this whole situation's kind of crappy. They've been pretty good about notifications, so we've been kept in the loop.'

OSU Risk Management is helping students who lost personal property work with their insurance companies. Hare said he regrets losing some of his stuff, but feels the university has been fair in accommodating him.

Dixon Lodge is one of four co-op houses that were closed in 2014. Now, University Housing and Dining Services generally uses the building as "scholar for campus visitors housing ruined, including several textbooks research who need a place to stay.

Dixon Lodge - which is composed of single-resident rooms - is temporarily meeting the needs of some of McNary's displaced students, but the facility is only meant to be used in the short term.

Brian Stroup, associate director of UHDS was one responder on-site Jan. 18. Stroup said OSU is working diligently to get things back to normal.

"A lot of it was water damage to the carpet and hallway and then moisture in the walls. It's been a big priority for (the construction company), and they're going as quick as they can," Stroup said.

According to Stroup, the moisture seeping into the walls could have resulted in mold, which would have been more difficult to deal with. He said the quick cooperation of students in moving their belongings helped the university start drying out the hall before that could happen.

Repairs on the affected rooms began at the end of last week, and the construction company estimates a two-week restoration period before students can return.

> Chris Correll, news reporter news@dailybarometer.com

Barometer

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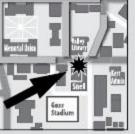
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dailybarometer.com

State's budget worries Lane County officials

By Elon Glucklich

THE REGISTER-GUARD

EUGENE - The 2015 Oregon legislative session is just a day old, but Lane County leaders already are taking issue with one idea being floated in Salem.

The proposal in question could result in slashed state funding for Lane County's district attorney, sheriff and jail staff, leaving them scrambling to meet state goals of lower jail populations and costs.

Two years ago, law-makers passed House Bill 3194, sending \$15 million over two years to help counties keep repeat-offending criminals from cycling back into county jails and state prisons.

Called Justice Re-investment Grants, the program brought \$1.4 million to Lane County over the past two years, helping to fund parole and probation supervision, restoring a GED program at the jail, and helping nonprofit agencies offer drug treatment and counseling.

Gov. John Kitzhaber's proposed budget for the next biennium, starting July 1, would more than triple the amount of these funds counties could tap into through mid-2017.

But a draft version of the Legislature's own proposed 2015-17 state budget released late last month would trim Kitzhaber's request by more than 60 percent, to about \$20 million.

That's still a slight increase from the current biennium. But the change would come as Lane County's normal share of traditional state corrections funding is expected to drop, District Attorney Alex Gardner said.

To lessen the number of inmates it holds, the county is prosecuting 1,200 to 1,800 fewer probable felony cases a year than in some past years. But traditional state corrections funding is directly tied to the number of convicted offenders. The county wants increased Justice Reinvestment Grants to make up for the ongoing decline in regular corrections

"In the short term, a legislative decision to default on (the HB 3194) funding promise would be devastating," Gardner wrote in an email to The Register-Guard. "It would compound injury from the declining (corrections) share forced by our inability to fully prosecute the felony volume."

Lane County's available jail bed space has declined steadily because of funding shortages. The public safety levy voters passed in May 2013 has only partially reversed that

Lane County commissioners are expected to discuss the funding situation at their regular board meeting today.

They're expected to sign a letter to the Legislature's Joint Ways and Means Committee co-chairs, voicing "concern regarding the proposed reduction in funding for the Justice Reinvestment Program that's reflected in your recently published budget framework

Each budget proposal is just a starting point for discussions this early in the legislative session. The state budget typically isn't finalized until late June.

But the proposal has the full attention of Lane County's Public Safety Coordinating Council, a group of elected officials, law enforcement and citizens whose discussions are meant to guide county commissioners on public safety policy.

This is money that gets saved; it's a costavoidance by flattening the curve of prison population growth," said Tim Laue, the safety council's chairman. The idea behind the grants was to save the state more than \$300 million over the next decade, by reducing the need to build new prisons or expand existing ones

Laue said cutting the justice grants would seriously jeopardize the county's efforts to save costs.

The county seems to agree. A draft of the letter to the Ways and Means chairmen concludes by saying, "HB 3194 was made possible by an uncommon convergence of research support, state and county financial necessity, and a small group of leaders who learned to trust each other in spite of compelling divisive influences. If you de-fund justice reinvestment as you've proposed, we'll forfeit that trust and lose the opportunity to prove the public safety value of early intervention, remediation and other prison alternatives."

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Oregonians gave a record \$4.4 million to cultural trust tions manager, began working full-time in off the new year," Kikel said.

By Tom Mayhall Rastrelli

STATESMAN JOURNAL

SALEM - Oregonians donated a record \$4.4 million to the Oregon Cultural Trust in 2014, surpassing the 2013 total by roughly \$300,000. That is more than a 7 percent increase in giving, the largest in the trust's history. The donations support the 1,400 cultural nonprofits that qualify for the trust's tax-credit program.

"It's an incredible outcome given it was a year of significant transition for the trust," said Brian Rogers the executive director who assumed his role in July. "We worked very hard to ensure all was in place for year-end giving, and these results are really rewarding for all of us.

Rogers wasn't the only new staff member to join the trust in the second half of 2014. Aili Schreiner, the trust's new manager, started in August. Carrie Kikel, the new communica-

By Saerom Yoo

SALEM - The Oregon Liquor

Control Commission used

brightly colored stickers and

green, red and yellow cards to

gauge hundreds of people's opin-

ions on how it should regulate

recreational marijuana, which

was passed by Oregon voters last

Top concerns that emerged

in a packed conference room at

the Chemeketa Eola Viticulture

Center were related to banking.

product testing and restrictions on future industry members. Salem's meeting was the third of

12 that the OLCC has planned

The majority in the room

appeared to favor fewer restric-

tions except when they showed

unanimous support for protect-

ing children from marijuana.

November.

statewide.

Schreiner and Kikel created new strategies for meeting the trust's fundraising goals, including digital advertising and a mobile application for the trust's website. Schreiner hopes the increased donations are because of growth in new donors and online giving. She said full analytical data will available within a few weeks.

'We also focused the campaign exclusively on the last three months of the year, which is historically when the donations come in, Schreiner said.

Donations totaling \$678,331 were received on Dec. 31. This is more than 15 percent of the 2014 total.

"Everybody was answering the phone all day long, and the phones were ringing off the hook. When you think about that much money coming in on one calendar day ... It was intense, exciting and a great way to kick

The trust offers a tax credit to Oregon residents who give to one of Oregon's 1,400 cultural nonprofits that qualify for trust funding, the state will reimburse matching donations made to the trust. Donors receive a cultural tax credit on their tax returns of up to \$500 for individuals, \$1,000 for couples filing jointly and \$2,500 for corporations.

The trust doubles their original gift at no additional cost, and that's the magic of the tax credit," Kikel said.

In 2014, the trust awarded grants totaling \$1.8 million to its statewide partners, county and tribal coalitions and cultural nonprofits. Of each dollar donated to the trust, 42 cents are redistributed via grants. The remaining 58 cents are invested in a permanent fund that is valued at more than \$25 million.

"Every year we raise more money, it allows us to give more to the field," said Kikel. "This year, we'll be able to regrant 7 percent more."

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To play: Complete the grid so that every row, column

and every 3X3 box contains the digits 1 to 9. There is no guessing or math involved, just use logic to solve.

FALL 2014: 103 Memorial Union Student Event and Activity Center

Are you a student organization?

marijuana dispensaries should

also be able to sell recreational

marijuana and whether nurser-

ies should be able to sell small

People applauded opinions

One woman, who identified

herself as a medical marijuana

dispensary owner, said she should

be able to also get in on the recre-

fighting for this should have the

opportunity to sell recreational marijuana as well," she said. "We

fought to make marijuana not

such a scary thing. It's not heroin.

OLCC chairman Rob Patridge

began the two-hour public meet-

ing by presenting the basics

"The people who have been

ational marijuana market.

just as readily as they loudly dis-agreed with others, sometimes

creating a chaotic atmosphere.

vegetative marijuana starts.

Are you looking for resources for your student organization?

It's a plant."

The topics raised ranged of Measure 91, and what the

widely, covering issues from aspects the OLCC has authority

Student Activities and Events Organization Development Recruitment and Promotion

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WINTER 2015: Suite 108 Student Experience Cente

Salem pot meeting: Less regulation is more, hundreds say advertising to whether medical on, including taxation, licensing and regulation. It's possible that the OLCC could ask the Leg-islature to give it more tools, if deemed necessary.

'We're trying to get some ideas from you, some direction from you so that as we can tease out these key issues," Patridge said, 'How we're going to attack those issues. How we're going to make things happen."

There seemed to be some apprehension about corporate

market, reflecting a strong desire to keep the recreational industry about small, independent

One farmer complained that he was already seeing out-ofstate businesses with lots of money buying up large plots of land. Another man, who had similar concerns, received a round of applause when he suggested only giving licenses to Oregon

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Oregon State

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NICKI SILVA | THE DAILY BAROMETER

(From left to right) Junior Michaela Merrill, freshman Abby Williams, senior Jennifer Lund and junior Kelly Audiss make Valentine's Day cards for the troops in Afghanistan.

Sent with love

 Sorority partners with Air Force ROTC to make Valentine's Day cards for soldiers

By Nicki Silva

THE DAILY BAROMETER

Social sorority, Alpha Omicron Pi of Oregon State University paired up with Air Force ROTC in the Memorial Union quad to get students to fill out Valentine's Day cards to send to troops.

"We are going to be sending them over to the USO Bagram Air Base in Afghanistan," said Addie Dyer, educational leadership consultant for Alpha Omicron Pi. "So to give back, we're sending it to an Air Force station. We're also going to be sending them to a base in Texas, Fort Sam Houston, which is a Navy, Army and Air Force base. Some of the girls in the chapter have a personal connection to

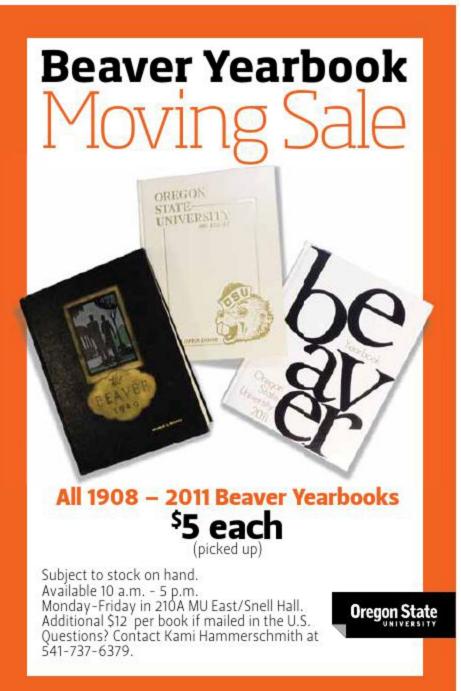
some of the men and women that are serving at that station, so that's why we've decided to send it there."

Alpha Omicron Pi internationally recognizes Sisters for Soldiers as one of their philanthropies. It is a program that allows members to make care packages for overseas troops to help bring a sense of joy to soldiers who are constantly preoccupied with the emotions associated with war, according to their website.

"We all have family members, boyfriends or girlfriends who have served, so we feel it is very important to us," said Rhiannon O'Coin, another educational leadership consultant for Alpha Omicron Pi.

Alpha Omicron Pi and Air Force ROTC will be making Valentine's Day cards Thursday and Friday from 11 a.m. to 2 p.m.

> Nicki Silva, photographer news@dailybarometer.com





NICKI SILVA | THE DAILY BAROMETER

(From left to right) Senior Libby Casale and freshman Jessica Hodgen look over the Valentine's. Day card they made while freshman Dawn Dahl approaches senior Emily McDonald.

There was a lot

that had to happen

procedurally -

we did achieve

what we wanted

Saul Boulanger

ASOSU Speaker of the House

to achieve.

ASOSU

■Continued from page 2

through 06.10, the Senate decided to send bill JB 06.11 to the House Wednesday

night, forcing a vote on JB 06.11 during the last opportunity to add any seats to the House. Boulanger said the Senate

wanted to pass one comprehensive, cohesive bill instead of seven separate bills. "This (hill) provides the basic

"This (bill) provides the basic outline; a template," Boulanger said.

As it was first introduced, the wording of bill JB 06.11 made the bill illegal by conflicting with the ASOSU Constitution.

The House decided to amend the bill immediately, so that they could pass it before the week five deadline.

"There was a lot that had to happen procedurally — we did achieve what we wanted to achieve," Boulanger said.

After the House altered the bill, members of the House and Senate formed a joint committee to discuss the changes that night. Following the joint committee, ASOSU held an emergency session to pass the bill through Congress.

Bill JB 06.11 passed, allotting 10 new seats to the House.

"I am just happy it got done. It's last minute, but it's a step in the right direction," said Bryan Williamson, ASOSU vice president.

Williamson said the changes enacted by Congress are to "make sure the process was more holistic, and so they can look more closely at the bill. There will be new legislation or amendments."

"The book is unwritten; whatever we see fit and whatever the student body wants is what we plan to do," Williamson said.

> Jasmin Vogel, news reporter news@dailybarometer.com

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Barometer

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Valentine Personals are only \$3.75 for 15 words or less, and 25¢ for each additional word.
Ads must be received by 2 p.m. Thursday, Feb. 12. Ads must be paid in advance.



5 · Thursday, February 5, 2015



sports@dailybarometer.com · On Twitter @barosports



OREGON STATE NATIONAL ITER OF INTENT

Story by Andrew Kilstrom

@AndrewKilstrom

6-fact-3, 205-poind cornerback from Hern-mind, La. Anderson: "Treston, he's a big. tell, physical and athletic corner. His recruiting prophysical and athletic corner. His recruiting pro-cess was kind of interesting. He went from a few offers to a whole bunch of affers. ... We were with him throughout the necruting process, He kind of comes from a different plan after speacing time at a junior college. He'll wolk in and take care of his besiness. He's a big, tall and leaky gry. So we're excited about him."

Christian Folay

6-foot-1, 240-peund linebacker from Salt Lake Gty. Anderson: "I've known Christian for a number of years. We recruited him hard, and I'm excited for his femily. ... He's a great linebacker. He's very physical and tough."

Thor Ketoe

6-foot-2, 275-pound defensive tackle from St. George, Utoh. Anderson: "Thor was a late addition. I think Thor brings a defensive-line mentality to us. He's tough. I'm excited to get him here as soon as we can."

Nick Porebski 5-feet-11, 190 pound panter from Relbourne, Jastralia. Andersan: "He's a great specialist. . . . He's special enough to warrent a scholarship. This kid is a rugby-style kicker if he needs to be. If you watch his highlight, there aren't many rugby kick; in that highlight, but he can be a traditional kicker, and he on he a rugby-style kicker."

Elu Aydon 6-foct-3, 335-pound defensive tackle from Pago Pago, American Samea. Andersen: "He obviously committed to us from a prior school (Wisconsin). He did a great job going through the process. He's big and physical. He's a tough-minded tockle."

Hamilton Hent

6-foot-1, 205-pound linebacker from Tigard, Ore. Hunt was 2nd-team All-State, and was the Mic-Valley Conference MVP for Tigard High School last season with 114 tackles and three fumbles on the year.

Shawn Wilson

5-fool-10, 165-pound cornerbook from Pomona, Calif. Andersen: "Shawn is a life now. He stoyed with us. He's strong, very lost. He has great lights in officese and great highlight efense. He's a very tough kid and a us ethlete. So he can do a or of things for us, as well as special mans early in his career at least."

Simi Moala

6-fcot-7, 260-pound delensive and from Andorses: "Simi is a giant young max. He's got an unbeltevable family. He's got very powerful parents. I sow them on its visit to Oregon State, and he's darified that his man is going to be involved in this process. I'm excited to see him be a good defensive linemon for us and specifically a very good defensive end."

alen Moore

6-foot-1, 190-pound salety from Upland, Calif. Ancerser: "When we got here, we flipped on the tape of Jakon early. I was amazed and surprised that Jakon did not have a number of offers. I'm very glod that he didn't, quite frankly. Then he got that offer from us, all of a sudden he did get mber of offers. He's been with us throug the process. He's a physical, takened and big safety. It's going to be fun to watch him grow he goes through his time here."

Omar Hicks-Onu

6-foot-1, 172-pound safety from Carrollton, Texas. Andersen: "Omar was also with us for a long time. He went through the process. He's a great safety, a tough-minded kid and he'll become a great player as he continues to move forward."

Jay Irvine 6-foot-1, 175-pound cornerbook from Jocksonville, Fla. Andersen: "Jay Irvine was quite a recruiting battle as we went through things with him. He's a solid corner, and a very good athlete. His return skills are also very good. He can come in and compete early at that spot."

6-foot-5, 280-pound offensive tockle frem Walluku, Hawaii. Anderson: "Miki stayed with as from the very beginning. He never follered on his commitment. He's a tremendous young man. I'm excited to get to know him more. He'll be a great addition to the offensive

6-fect-3, 187-pound quarterback from El Cajan, Calif. Andersan: "Seth is obviously in the program already. He's done a nice job adjusting here at quarterback. He'll be in the competition there moving forward."

5-fcot-8, 175-pound running back from Jacksonville, Flo. Andersen: "Taylor is conther running back. He's kind of out of the same mold. He's a very, very flesky player. He has tremendous speed. We'll need to get some young running backs in there right away, and he'll be that."

6-fost-7, 275-pound offeasive lineman from Portland. Andersen: "Elake's a great recruit for us. I think Blake brings a certain commitment level to us. He's an in-state commitment, and his want to be here was very attractive to us as an offensive lineman."

Zoch Luces 6-foot-5, 280-pound offensive tookle from Katy, Texas. Andersen: "He come on his recruiting visit last weekend. He has tremendous perents. He can play center, guard and tackle. He's a very good offensive lineman, and I'm excited to watch him grow in the

Tuli Wily-N

6 foot 3, 230 pound tight and from Kahuku, Hewriii. Andersee: "Tui is another young man who can play two positions. He wants to play tight end, so that's what he's gaing to play for us. He's very physical.... He's a young suy who looks like he can go cut and compete right now with the way his bady looks.

It'll be fun to see how he develops as we get shrough comp."

Paul Lucas
5-foot-10, 175-pound vide neceiver from Placents
Anderson: "He's been aversome throughout the
process.! knew he had a lot of apportunities. He came through this, and Coach (Breet) Brennan had a relationship I think that had as in the final four for a long time. Ultimately, he committed to us. He's very fast. ... There's a lot of track guys that just play football. He's a football player that rans-track. That's important. He's tough-minded, and he's very, resy committed to football."

Brayden Kearsley 6-foot-4, 200-pound affensive lizeman from Akha, Ora, Andersen: "Frayden is a transfer offensive lineman. We've known about him for a long time. From the state of Oregon, he was obviously a grea player. There were about four schools that really competed to get him. After he left BYU, he reached out to us and said that's what he wanted to do. He'll sit out a year and have two years of eligibility remaining. He could be a true difference maker fo our offensive line as we get going."

Deltron Sands

5-foet-9, 180-poind running back from Rt. Leudendale, Floride, Andersen; "Coath (Tally) Lockette had a very good knowledge base on him. He was very family with him. ... He's a talented running back. He's quick, aggressive and has good bands. He'll be a facter in the return game also. So we're excited to have him with us at that position."

Zachary Lopini Katoa 6-faot-1, 200-poend ranning back

from American Fark, Utch. Andersen: "He'll be going on his LDS mission. He's a running back for us. He's a good running back. He's not going to play linebacker. He wants to play running back. So he'll serve his LDS mission and be back with us in two years. He's a talented player."

Hoch Togiai

6-foot-4, 220-pound tight and from Salt Lake City.
Indessen: "Neah is a malti-sport athlete. (Men's
Coskethell) coach (Mayne) Takke was going through
the process recruiting him. Then at the lest second
we were able to get him. We abricusly have a lot of
momentum in the bankethell program right now.
the "I be both a backethell and a football player most
year. He's very taketed. He's ghystally strong, used
to" a very tough-minded young man. He's going to
be a tremendous tight end for us."

Open Position for SIFC **Member-at-Large**

Applications are located in MU 215. With application, include a resume and cover letter / letter of interest. Applications are due on February 6th no later than

For more information, please see http://oregonstate.edu/sifc/ or contact Priscilla Macy at Student.Fees@oregonstate.edu

Oregon State





HIRING **Beat Reporters**

The Daily Barometer general beat reporter contributes at least three articles a week focused on a broad range of topics, shoots photos/videos on assignments and updates social media links to share stories. They are responsible for conducting themselves professionally: developing story/content ideas, dressing appropriately for the workplace, meeting deadlines, coordinating with photographers, supervisors and representing The Daily Barometer. The general beat reporter may coordinate with freelance writers and the associate news editor to cover stories.

Qualifications:

 Must at least include: Must be a currently enrolled student at Oregon State University for at least (6) six academic credits, and be in good academic standing (minimum 2.0 GPA).

Interest in journalism

Outstanding ethics and commitment to the truth Training in journalism 101, offered by The Daily Barometer upon hiring

 Proficiency in proper spelling/grammar
 Knowledge of AP-style grammar
 Willingness to take on new challenges and engage as a leader in a team environment

Curious and self-motivated

Past experience working for a print or online publication

Open office/clerical environment in newsroom. Assignments may vary based on subjects and interview locations.

To apply, fill out the application available online at www.dailybarometer.com/site/joinus.html or pick up an application at Memorial Union East 106 in Snell Hall and return to the office with a resume and a work sample.

Oregon State

Start Date: Feb. 15, 2015 Application closes Feb. 11 at 5 p.m.

Oregon State Softball season set to begin

Softball team looks to get season rolling when it takes part in 2015 Kajikawa Classic Thursday

By Josh Worden

THE DAILY BAROMETER

The OSU softball team is set to take the field for the first time in the 2015 season with six games in four days in the Kajikawa Classic in Tempe, Ariz.

The Beavers open against Ole Miss, followed by games against Pacific five hours later. The rest of the Classic involves matchups with Indiana, Wisconsin, Nevada and Cal Poly. The opening part of the schedule is typical of OSU's nonconference slate, which includes 26 games, all away from Corvallis. That's normal for a team in a rainy location like Corvallis; OSU will travel, meanwhile, to the likes of Honolulu, Cathedral, Calif.

The Beavers finished 18-31 last year, with fewer wins than any OSU team since 1996, but also with the highest batting average at .287 in Beaver history. The final record wasn't indicative of the team as a whole: Injuries plagued the team the entire year while many of the underclassmen struggled to fill the gaps but showed promise.

Sophomore infielders Natalie Hampton and Christie Langlois were both missed badly: Hampton missed the entire season with a hand injury and Langlois tore her ACL eight games into the season. Hampton had set an OSU single-season record with 50 runs batted in her true freshman year in 2013 and Langlois was leading the team in batting average in 2014 with a .435 clip before her injury.

Both players utilized their redshirt seasons last year and return this season as redshirt sophomores.

Oregon State has plenty of new faces this season, including six freshmen, but also lost a number of players from last seasons rosters, both seniors and otherwise.

Senior pitcher Amanda



Senior infielder Ya Garcia Catches the ball and gets the out before the runner has a chance to tag the bag against the Ducks in Corvallis April 13, 2014.

Najdek is gone after starting 29 of the Beavers' 49 games last season. Fellow pitcher Alleyah Armendariz started four games last year as a true freshman but transferred to Utah State after the season. Freshman catcher Kylie Padilla, who was the first ever OSU player to hit for the cycle, and 2014 Pac-12 All-Freshman Honorable Mention third baseman Alexis Gonzalez both transferred to Cal State Fullerton.

Still, the Beavers have plenty of new players and will have veteran leadership from six seniors on the roster.

Senior catcher Hannah Akamine is a new addition from Tennessee, while shortstop CJ Chirichigno, pitcher Melanie Dembinski, second baseman Ya Garcia, and outfielders Dani Gilmore and Kori Nishitomi all played vital roles as juniors in OSÚ's 2014 season.

Garcia and Gilmore, however, are the only players who came to OSU as freshmen, while the other four seniors all transferred to OSU at some point in their careers.



JUSTIN QUINN | THE DAILY BAROMETER

(Top) Sophomore right-handed pitcher Kylee Crape takes some practice throws before thei Civil War at home April 13, 2014. (Bottom) Head coach Laura Berg at home April 27, 2014 against UW.

Along with Gilmore, Garcia has been the face of OSU softball the last three seasons. In every one of OSU's 166 games over the last three seasons, Garcia has been in the starting lineup.

Gilmore finished 2014 with a .407 batting average, fourth highest in school history, with a .700 slugging percentage that ranks second in OSU history. She was recently named to the Top-50 Watch List for the 2015 USA Softball Collegiate Player of the Year Award by the Amateur Softball Association of America and USA Softball.

Nishitomi wasn't far behind Gilmore with a .390 batting average last year. She was ninth in school history in her first season with OSU after transferring from Longwood University.

OSU softball is led by more than the seniors, of course, especially with head coach Laura Berg, who had a prolific playing



career of her own. She is the most decorated USA Softball Olympic athlete in history with 11 medals, 10 of which were gold.

Her third year as OSU's head coach will begin at 2 p.m. Thursday against Ole Miss.

> Josh Worden, sports reporter On Twitter @BrightTies sports@dailybarometer.com

Men's golf set to tee off spring season

Thursday will witness Oregon State golf team return to action in Hawaii

Senior outfielder Dani Gilmore looks to make contact with a

pitch against the Ducks in Corvallis April 13, 2014.

THE DAILY BAROMETER

After nearly four months away, the Oregon State University men's golf team will return to the fairways and greens when they take part in the 24th Annual Amer Ari Invitational.

The invitational, which runs from Thursday to Saturday, will be held on the par-72, 7,074-yard Waikoloa Kings' golf course in Waikoloa, Hawaii.

The Beavers will be joined by 17 other schools throughout the three days, including Arizona State, Colorado, Oregon, Stanford, UCLA, USC and Washington from the Pac-12.

The tournament will be a three-day, 54-hole tournament with each golfer play-

ing 18 holes each day.

JUSTIN QUINN | THE DAILY BAROMETER

Each school will have five athletes golfing, with the four lowest scores summing up the teams' carded points for each day of competition.

The Oregon State lineup will include senior golfer Alex Franklin, junior golfers Brian Jung and Chris Tedesco, and sophomore athletes Conner Kumpula and Kevin

The Beavers will be coming off an impressive fall season, which witnessed them finish twice within the top three, once within the top five and every event within the top ten.

Last year at the invitational, former OSU golfer David Fink — who hails from Kailua, Hawaii — recorded a career-best 6-under 66 in the final round and ended up finishing fourth in the three day event.

Murphy and Franklin will be two of the Oregon State golfers returning from last year's team, and each had a good turnout.

Murphy managed to shoot a 2-over 74 four on the final day, which was good enough to tie for 56th place at 1-under, while Franklin was the next best-placed Beaver carding at 2-over 74 on the last day finishing tied for 77th — with a 2-over

The Beavers finished the tournament No. 14 of a 20 school field.

After the trip to Hawaii, the Beavers will head to Palm Springs, Calif. to take part in the Wyoming Desert Invitational, which will start the morning of Friday, Feb. 20 and run through the weekend.

The Daily Barometer

On Twitter @barosports sports@dailybarometer.com 7 • Thursday, February 5, 2015

forum@dailybarometer.com • 541-737-2231

e are not surprised. When it comes to the Associated Students of Oregon State University, we rarely

We were getting excited — these new bills ASOSU created that would extend offers of seats to the cultural and support centers on campus were definitely a sign of

Even if the concept wouldn't go into effect until the next school year, it was still progress.

But in terms of slowdown, here we go again.

The Senate shot down these progressive bills for technical reasons.

Instead of approving the bills, the Senate sent a bill to the House that would add 10 new seats for anyone and everyone to claim - nonspecific to the cultural and support centers on campus.

But ASOSU insists they'll add amendments to devote them to the cultural and support centers.

It's frustrating that the Senate decided to block what would have been an effective collection of bills with potential for progress in terms of student representation.

It's frustrating that the House decided to accept this block and let the ball roll unchallenged past the goalie and into the net.

It's fine that there are now 10 new shiny seats for any student to apply for.

Editorial

What's unacceptable is that the plan for designated seats, which were supposed to be set aside for the purpose of increasing diversity in an environment lacking it, continues to lag worse than before.

Overall, whether or not this truly falls upon ASOSU, its professional staff or university administrators remains unclear.

But if you want to break ceilings and barriers in a society, you have to have the courage to push on ahead and assume that a preestablished group will accept you.

Trying to break molds is harder than just continuing to copy a previously made cookie cutter style.

These bills were going to remove barriers and extend a direct invitation toward diversity.

There is a possibility for amend-ing the bill for the future. But we have seen how much follow through that has.

ASOSU is our student government, set up and designed to protect and foster the needs of Oregon State University.

Students: this is your government, your school and it is your

Editorials serve as means for Barometer editors to offer commentary and opinions on issues both global and local, grand in scale or diminutive. The views expressed here are a reflection of the editorial board's

Tabling of seat bills disappointing | Hype around Crossfit workouts warranted

rossfit is a high intensity workout program incorporating strength and condition-ing through weightlifting, cardio and gymnastics skills.

It was created in 1996 by Greg Glassman and Lauren Jenai, former coaches and gymnasts, and then started gaining momentum in 2011.

Major momentum.

Gyms, often called 'Boxes,' continue to open up across the country, and even Corvallis has four gyms.

The eighth annual Crossfit games will begin at the end of February, and with 138,000 people competing last year, they are preparing for an even larger turnout to determine the "fittest person."

Crossfit adopts three main ideas: constant variation, functional movement and high intensity.

It is true that a Crossfit workout will most likely entail burpees, box jumps, pull-ups, squats and sprints, but the beauty of this workout is that you will never be bored.

Each day there is something different during a training session.

This not only helps with physical training to reduce the body adapting to a specific mode of training, but also is refreshing mentally, as each workout is unique and challenging.

Crossfit's focus on functional fitness means each exercise during the workout session builds on each other and prepares you for the highintensity exercises that occur near the end of the workout.

The programs are designed with the premise of learning foundational lifting, bending, and reaching skills



Dr. Erica Wockel

Ask Dr. Fit

that would replicate your everyday movements and to master those fundamental skills before moving onto more advanced work.

Like most workout training programs there is a gradual increase in exercise intensity throughout the

The high intensity portion of the Crossfit workout is called the "WOD" or Workout Of the Day.

Before the WOD, the exercises build on each other and focus on technique and lifting mechanics and then Crossfitters move into the WOD in which they perform high intensity exercises relative to that particular individual.

Crossfit has received a negative rap with regards to injuries, the training regime, and the 'all-in' nature of the Crossfitter.

Just like other forms of exercise, injury happens.

There are ways to decrease the risks of injury through gradual progression and proper technique. Trainers need to ensure that you have correct technique and skills before increasing your weights or giving you more difficult moves to try.

One thing that I think is admirable about Crossfit is that most programs mandate that you graduate from an introductory class prior to joining the general Crossfit classes.

This focus on technique helps to ease someone into Crossfit while also giving him or her the personal attention they need and honing their lifting technique.

These types of classes will also help trainers know your name while teaching participants to monitor/ chart and recognize their own progress, which is huge for motivation. How great is that? Another injury we hear about that is anecdotally connected to Crossfit is Exertional Rhabdomyolysis, which is when the muscle is damaged, and the myoglobin protein gets released into the bloodstream and can damage kidney cells.

Rhabdo can occur in other highintensity exercise programs like P90X

or Insanity, but ultimately can be prevented with thoughtful exercise planning, increasing your fitness level slowly, hydration, and not exercising in an extremely hot environment.

As a few cases gained media attention linking Crossfit or HIIT and Rhabdo, which gave some individuals further reason not to participate in exercise. However, most cases of Rhabdo are rare and preventable, so chill out. As for the "All-in" nature of Crossfitters — this is not negative; they have a hobby, it's changing their life; we should celebrate this.

So yes, there are some negatives, but I want to be sure you also see all the positives of Crossfit.

It provides a well-rounded workout, with progression, individu-ality, and functional movement. Additionally, the Crossfit social community is one of the most impressive within the fitness world.

For many people, going to a group fitness class or workout facility creates anxiety and the feelings of judgment.

Crossfit focuses on each individual while providing an atmosphere of togetherness.

The community supports each and every member of the group in a

positive and empowering way. This sense of camaraderie assists with one's motivation to workout.

Ultimately, Crossfit is a good workout regime that has helped many 'non-fit' and 'fit' people love exercise.

Most of all, if you are interested in it, go to a class and give it a shot, then make your conclusions, but don't judge Crossfit until you try it.

Dr. Erica Woekel is an Assistant Clinical Professor and the Program Director of the Lifetime Fitness for Health Program. The apinions expressed in Woekel's columns do not necessarily represent those of The Daily Barameter staff. They can be reached at forum@dailybarometer.

Email questions for the column to forum@dailybarometer.com, with the subject "Ask Dr. Fit."

Your name will not be published.

Letters

Letters to the editor are welcomed and will be printed on a first-received basis. Letters must be 300 words or fewer and include the author's signature, academic major, class standing or job title, department name and phone number. Authors of e-mailed letters will receive a reply for the purpose of verification. Letters are subject to editing for space and clarity. The Daily Barometer reserves the right to refuse publication of any submissions.

The Daily Barometer c/o Letters to the editor

Memorial Union East 106 Oregon State Univers Corvailis, OR 97331-1617

or e-mail: editor@dailybarometer.com



ARTS & ENTERTAINMENT

Asterion melts faces at Bombs Away | Winter weather

rowds began to form and multiply around a dark stage at Bombs Away Cafe Saturday, Jan. 31, as eager listeners tried to get a taste of the heavy metal output.

The audience had just listened to Hair Fire, a funky and genreresistant anomaly, who indeed took the show into their own

Hair Fire was surprisingly versatile, with aspects of rock, groove, and some familiar 20th century

It was oddly reminiscent - a real throwback, at the same time being so unique and fresh — quite an extraordinary combination.

As the last notes died away, only reverb was left and the musician brethren filed offstage, taking their heavy equipment with them.

A short intermission while trappings were exchanged was followed by some eerie transition music, courtesy of Bombs. Eventually, the dust settled, and visible onstage were the silhouettes of a few scattered metal heads, fronted by a lovely diva of

The audience fixated their befuddled gazes on the shining guitars, souped up drums and loads of gear onstage.

They looked over the band, presuming a much different sound.

The forthcoming sonority would serve to delude any judgment presented prior.

Only when Asterion started to play did the wires connect, and the energy instantly augment. An overwhelming bellow from

the lead vocalist, Avienne Low, shook the place, shrouding the ceaseless din of the church bell.

Waves of pure harmonic force ringed the crowd.

This must be restitution for the years of silent study, an existence plagued by burden and trial.

What suffering could cause this cathartic explosion?

The sound detonated further,

Alex Cameron

The Daily Barometer

gyrating the depths of inner ears, callousing soft innocent consciousness. It was a marriage of melodic and death metal, with beautiful clean vocals adorning humbling rhythmic strumming.

Ambient softness stuffed us with cotton, only to be replaced by bouts of lucid fervor.

"We try to keep it progressive," said Riley Nix, one of the band's guitarists and backup vocalist. We like to add an element of

The band's lead guitarist, Jorma Spaziano, produced swaying har-monies that made this element of melody apparent.

The immense connotation of the growls and moans unplugged our withered wills, warranting thrashing movements of the neck and torso.

Some more experienced rockers might call this feat of human release "headbanging."

It was obvious whatever ardor flourished in the minds of the musicians was transferred outward without loss or friction.

The demanding ears of the listeners were filled, verve abounding.

Devon Townsend is probably the foundation of the band," said Nick Clark, the bassist, when asked their influences. "Devon Townsend is a big deal.'

As the show forged ahead, the zeal persisted, and even swelled.

We were carried on dollops of ecstasy, caring so little for the dull world outside the cafe.

The delicious strain of resounding yowls permeated our preconceptions, altering our expectations.

Our metal intentions ripened, taking on new form and clout, and became too pure for our mortal bodies to sustain.

This provoked a frenzy of des- the band's drummer. "This is only



COURTESY OF ALEX CAMERON

Metal band Asterion lead vocalist Avienne Low sang a combination of "clean" and "dirty" vocals during the band's performance at Bomb's Away Cafe.

perately heinous bodily movements, such incautious loping that the weak were reduced to ground mash. Fortified by the vehement howls of the dark mistress, which shook us to the very core, we expelled fervid praise, and chanted madcap for more.

As the episode concluded, the crowd slipped into the buzzing residuum that was Bombs Away.

Fans swarmed the performers, eager for conversation. People wondered about the

band. "We have been together a little over a year," said Jeremy Spencer,

our third gig."

The mood slowly returned to the placid state in which it had been, and life's affliction languidly invaded the hollows within each consumer.

A sense of duty and import began to weigh the fragile bodies once again.

They dragged their limp, overexerted selves home, or to another bar, wherever - thoroughly affected by the faculty, which had upon them been bestowed.

Alex Cameron is a reporter and guest columnist for The Daily Barometer.

'Nothing But the Truth' lives up to film's title

n Sunday, Feb. 1, The Crossroads International Film Festival kicked off with a film called "Nothing But the Truth," a movie focused on the amnesty trials during just after the downfall of apartheid in South Africa

The screening was held at Darkside Cinema

I arrived about 15 minutes early, because the theater is small and I wanted to get a

It turns out I didn't have to worry - there were approximately eight people by the time the movie started playing, and as far as I could surmise, I was the only student in the

This was disappointing.

Corvallis is not by any means perfect, but it does have a variety of events and public services that we should all take advantage of while we are going to school here.

The Crossroads International Film Festival is screening six films this month that are going to be hard to find anywhere else.

The Darkside Cinema is the host of the most comfortable movie theater chairs I've ever had the pleasure of sitting in.

I know that it's hard to peel yourself away from Netflix or homework, especially on a lazy Sunday afternoon, but doing so and heading down to the unique Theater setting on Fourth Street could be a fabulous study break and an opportunity to immerse yourself in history and culture by watching something that isn't "Friends."

Nothing But the Truth" follows Sipho Makhaya (John Kani), a man whose brother has recently died in England after being exiled



Jolly Joyfulness

from South Africa for his activism during the apartheid movement. Makhaya receives a letter stating that his niece will bring the body back to Africa, since

he wanted to be buried with his parents. As the plot unfolds, we learn that Makhaya's niece has cremated the body, ruining the

funeral arrangements and going against his

South African customs. The cultural gap continues to grow wider between Makhaya and his niece, who has grown up in London and not seen the effects of apartheid. The film is based on a play by the same name.

It was filmed in 2008, and while the film quality is a little fuzzy, as though filmed in the 90s, the acting is entertaining and Kani does a good job of showing the feelings of hope and skepticism just after the freedom of black South Africa from apartheid and the differing views made by age, race and experience.

As the two characters increasingly anger each other, Makhaya reveals a truth that shatters everything his niece and daughter had thought about their family.

If this film sounds appealing, do not fret that you have missed your opportunity to view it.

"Nothing But the Truth" will show again at Darkside on Feb. 22 at 4 p.m. Other options are "Amreeka," "Sita Sings the Blues,"



"Instructions Not Included," "I Have Found It" and "Boy."

Short descriptions of these movies can be found at oregonstate.edu/international/ crossroads/crossroads-international-filmfestival. Tickets are \$6, or \$30 for a passport to all of the films.

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welcomes warm delicious dinners

■ he middle of winter term has hit, and with it the cold weather has come.

When this time of winter term arrives, I have no motivation to get into midterm gear and am counting down the days until spring break

I need some inspiration to get out of my warm bed and be a person. Like most humans I am easily swayed by food.

With the cold weather there are many warm and filling dishes make that are quick and

take minimal

Di Raffaele



effort. Take out the crockpot and preheat your ovens, because these dinners are coming.

Chicken Pot Pie Casserole

Preheat your oven to 350 degrees and spray a baking pan with non-stick spray, set aside.

In a large skillet, heat up four tablespoons of olive oil over medium heat.

Add two cups of chopped carrots, one chopped yellow onion, two cups of frozen peas (run the frozen bag under hot water or let it sit in a bowl of hot water to thaw out the peas before cooking) and salt and pepper to taste.

Cook up the vegetables until they are soft, which should take four to five minutes.

Then, add two cups of shredded chicken (you can

use frozen or fresh chicken breasts or pull apart a rotisserie chicken from the grocery store), 14.5 ounces of chicken broth, one can of cream of chicken soup - add two cans if you want a thicker sauce — and ¼ cup of milk.

Mix everything together and cook over mediumlow heat for five minutes. Add the mixture into your prepared baking dish and cover with pre-made pie dough. Cut a few slits on the surface of the dough to allow for water to escape during cooking. Bake for 40 minutes or until the crust is golden-brown.

One Pan Garlic Parmesan Pasta

What you will need:

1 tablespoon olive oil

2 tablespoons of minced garlic

2 tablespoons of butter A box of fettuccine pasta 2 cups of chicken stock/broth

1/2 teaspoon of salt ¼ teaspoon of pepper

1 cup of whatever cream or milk you want

½ cup Parmesan cheese 1 tablespoon of chopped parsley In a large skillet heat up the olive oil and add the garlic. Stir and cook the garlic until it becomes fragrant and starts to brown. Add chicken stock, milk, salt, pepper, butter, and pasta. Bring to a boil. Reduce heat to medium-low and simmer for 20 minutes or until pasta is tender. Remove pan from heat, toss the pasta with tongs and stir in Parmesan cheese and sprinkle on parsley and serve.

Baked Potato Soup

What you will need:

6 potatoes, peeled and cut into bite-sized chunks About 1/2 onion, diced

1 or 2 carrots, peeled and cut 5 cups of chicken stock

1 stalk of celery, chopped

1 tablespoon of parsley

l teaspoon of salt Pepper to taste

1 can of evaporated milk

1/4 cup of cornstarch for thickening Shredded cheese, crumbled bacon for topping you can buy bacon bits at the store or make bacon on

the stove and chop for your topping. Put all the vegetables, the chicken stock, parsley, salt, and pepper in the crock-pot.

Cover and cook on low 10-12 hours (or on high four to five hours).

Stir in evaporated milk during last hour.

In the last ten minutes of cooking you will want to add the cornstarch to thicken the soup.

For this all you need to do is combine the cornstarch with a small amount of water to, enough to cover it in the measuring cup and add to the soup, stir until thickened.

Serve with grated cheese and crumbled bacon on

Brooklyn Di Raffaele is a senior in English. The apinians expressed in Di Raf-faele's columns do not necessarily represent those of The Daily Barometer staff. Di Raffaele can be reached at forum@dailybarometer.com.